

Table 1
Percentage Distributions of North Carolina Households
and Household Members by Health Service Area

	Households		Household Members	
	1970 Census Enumeration(4)	1970 Sample Survey*	1970 Census Enumeration(5)	1970 Sample Survey*
Total Number	1,509,564	1,160	4,893,113	3,885
<u>Health Service Area</u>				
I Western	17.8	17.8	17.3	16.1
II Piedmont	20.1	23.4	19.6	21.0
III Southern Piedmont	17.8	12.5	17.4	12.4
IV Capital	13.2	11.0	13.0	10.9
V Cardinal	13.9	19.1	14.6	21.0
VI Eastern Carolina	17.3	16.2	18.0	18.7

*Based on households providing complete dietary data. This excludes nearly 12% of the original sample of 1,315 households.

to recall all foods consumed from the home food supply on the day prior to interview with food models being used to help respondents recall the amounts of foods consumed. A computer program was then used to convert food model specifications into gram amounts and caloric and nutrient values.

Dietary data used in the present study are described below. These data are specific for households located in each HSA and may be obtained by contacting the Public Health Statistics Branch.

- Data items are the per person per meal grams of food consumed from each of 20 food groups. Details concerning the food items included in each food group are available (3,6).
- Data items are the per person per meal amounts of 17 nutrients consumed in survey households. In the case of water, it should be noted that this represents the water content of foods and mixed beverages and does not include plain drinking water.
- The survey data file provides information concerning the "adequacy" of caloric and nutrient intakes as related to age-sex-weight-specific daily standards described in a published report (2). Data items presently used are the percentages of households meeting less than 50% of their standard for calories and each of 8 nutrients ("low" intakes) and the percentages of households meeting 200 percent or more of each standard ("high" intakes). In the determination of these percentages, standards were adjusted for meals eaten from other than the home source (2).
- Data items are the percentages of total calories derived from protein, fats and carbohydrates. Factors used to convert grams to calories were 4, 9 and 4 respectively (e.g., each gram of protein is equivalent to 4 calories).
- Each household diet was rated optimal, adequate or inadequate according to published criteria (2). The data are used here as the percentage of household diets in each diet rating category.
- Data items are the percentages of persons failing to eat the A.M., noon and P.M. meals.

Mortality Data

Rates used in these analyses are the 1973-75 average annual death rates, adjusted for age, race and sex (7) and specific for the disease entities described on the next page. Other causes of death were not studied due to the fact that death rates are presently computed only for underlying causes of death, and for many diseases, the "incidence at death" is known to be much higher. For example, hypertension, arteriosclerosis and diabetes are